

Flour Tortillas

Makes: 10 servings

Skip the store-bought tortillas and make your own with this simple recipe. Swap out some of the all-purpose flour with whole wheat flour, a whole grain.

Ingredients

- 2 cups** flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)
- 1 teaspoon** baking powder
- 1/2 teaspoon** salt
- 2 tablespoons** vegetable oil (or shortening)
- 3/4 cup** water (warm, 105-110 degrees F)

Directions

1. In a large bowl, combine flour, baking powder, and salt.
2. Add oil and mix until crumbly.
3. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
4. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
5. Divide into 10 balls. Roll each piece into an 8 inch circle.
6. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.


Montana State University Extension, Nutrition Education Programs, Montana State University Recipes

Nutrition Information

Nutrients	Amount
Calories	115
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	166 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	0 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 IU
Calcium	31 mg
Iron	1 mg
Potassium	27 mg

N/A - data is not available

MyPlate Food Groups

 Grains	1 1/2 ounces
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